



WHO? Longview HOME SCHOOL swim team is a non-competitive group that is geared towards swimmers who want to get or stay in competitive shape by learning the most up to date competitive techniques.

Beginner/Intermediate (14 & Under)	T/TH	12:30-1:30PM
Intermediate/Advanced(12 & Over)	T/TH	1:30-2:45PM

THESE ARE NOT SWIM LESSONS!

SWIMMERS MUST COMPLETE 1 LAP FREESTYLE WITH FACE IN THE WATER TO PARTICIPATE IN BEGINNER GROUP, HAVE A WORKING KNOWLEDGE OF BREAST AND FLY FOR INTERMEDIATE GROUP AND COMPLETE 2 LAPS OF ALL FOUR STROKES TO PARTICIPATE IN ADVANCED

WHERE? Longview Rec Center
2909 Commonwealth Drive
Spring Hill, TN 37174

SESSION Session I no class: October 14 Sept 7, 2021 – Dec 16, 2021
Nov 23,25

Session II no class: March 15,17 Jan 11, 2022- April 28, 2022

PRICE? Session I M/W \$245 plus yearly \$25 registration fee

Session II M/W \$270 plus yearly \$25 registration fee

Class fee not prorated for missed classes. Session dates and fees subject to change

The Home School Swim Team program is a non-competitive training group designed as a transition from summer league to competitive team. Swimmers will learn competitive techniques in all four competitive strokes, turns and dives. High School Swimmers can receive a P.E credit for participating in Home School Swim.

Online registration at EXCELAQUATICS2.ORG opens July 1, 2021 and spots are LIMITED. Please contact Dawn Van Ryckeghem at coachdawn@excelaquatics.org with questions.